

WEDNESDAY, OCTOBER 1, 1919

"Don't Be a Vegetable Wife; Husbands Don't Like Them"

DR. ELLEN C. POTTER WARNS

Learn How to Work and Play; Keep Youth and Good Looks

Prosperity Makes American Married Woman Lead Lazy Life—She Eats Too Much and Moves About Too Little—Her Nervous System Gets Out of Gear, and Beauty Culturists Have to Give Her Appearance of a Perfect Health She Does Not Enjoy

By Marguerite Mooers Marshall

CONSIDER the health problem of Mrs. New York and Mrs. Suburbia. We all know her; she is as familiar a figure as the self-supporting woman with whose health and well-being the International Conference of Women Physicians, in session at Y. W. C. A. headquarters, No. 600 Lexington Avenue, is concerning itself assiduously. Yet our typical "home woman" surely is no more of an Amazon, or even of an ordinarily fit human being, than the woman downtown.

By her incessant warfare against encroaching flesh the married woman, in comfortable circumstances admits that she is usually overweight. By her frequent resort to sanitariums and rest-cures she shows that her nervous system frequently is out of gear. By her assiduous patronage of beauty culturists she concedes that the thick, glossy hair, the firm, uncrinkled cheeks, the glowing color of perfect health are not hers.

"What is the matter with her?" I asked one of the speakers at the International Conference of Women Physicians, Dr. Ellen C. Potter, instructor in the Women's Medical College of Pennsylvania and widely experienced in the physical disorders of women. "The married woman in this country, except among the very poor, would seem to have everything in the



DR. ELLEN C. POTTER

world to safeguard her health and well-being. She has plenty of the best food, a comfortable, hygienic home, and almost nothing to do.

"And that's the difficulty!" keen-eyed, clear thinking Dr. Potter exclaimed.

"The trouble with many sheltered, prosperous married women in America is that they lead the lazy life and their husbands encourage them in it.

"These women ought to have something to do. They never will be well and vigorous till they have something to do. The only way for them to keep the youth and beauty they so prize is to find some work.

"The married woman in comfortable circumstances eats too much and moves about too little. She frequently has five hearty meals a day—breakfast, lunch, tea, dinner and supper. Being in her home, and so close to the base of supplies, she can eat a bit of this and that between meals. There is a great temptation to keep a box of candy always handy to her—and there is the affectionate husband to bring home the candy.

"No wonder the matron gets fat, even while she is young. Moreover, her circulation becomes clogged, with many resultant ill effects. With little to occupy her mind, she thinks too much about herself and her petty affairs. Therefore she becomes nervous and irritable and her youth goes.

"What this woman needs more than anything else is a fad, a hobby, a vigorous interest outside her home life. Let her throw herself into some social work—a club, a settlement, a community movement. She has the time, the money, usually the intelligence for that sort of thing. She will sense for that sort of thing. She will go on and she will do herself good.

"One thing I hope this conference will accomplish," Dr. Potter added with quiet emphasis, "is a reconstruction of the lives of well-to-do married women. This is a crusade to which women physicians should devote themselves, and I believe the conference is deeply interested. It is by no means simply a movement to reform the health of working women. Home women are fully as much in need of health attention."

"How about the suggestion, advanced in several quarters recently, that the modern wife should at once improve her health and solve the ser-

vant problem by doing her own work?" I asked.

"If women cannot get servants, as seems to be the case in some localities at present, they will have to do more of their work, and housework as exercise certainly is better than none," conceded Dr. Potter. "But I think the married woman with education and brains can perform more valuable work than manual labor, and should not do that if she can employ manual laborers.

"Then, too, she needs activity outside her home. The old argument that the woman with children can find enough to keep her busy if she will devote all her time to them in a sense is true. However, the woman who does this not only suffers personally, but the children suffer. They are better off, and their mother is a more valuable mother to them if, through activities other than purely domestic, she brings new ideas and new viewpoints into the home.

"Instead of being nervous, fretful, narrow in her motherhood, she is a saner, healthier, better balanced mother, whose children will not outgrow her or find her behind the times."

"Should the married woman go in for athletic exercise?" I inquired.

"Indeed she should!" declared Dr. Potter. "Let her walk, play tennis, play golf, swim—indulge in any good, vigorous sport. It will keep her blood circulating, keep down her weight, keep her nerves in condition and make her happy. One of the great factors of good health is happiness. Instead of so much indoor social activity, leading to late hours and dissipation, let the young married woman seek her good times through athletics.

"Not long ago a young matron came to me with an anxious face and put this question: 'Must a married woman be a vegetable?'

"Is it necessary and wise," she continued, 'for a married woman to settle down and be domestic to the exclusion of everything else—give up her sports, her clubs, her interests outside her home?'

"I told her, and I say now, that it is NOT necessary for a married woman to be a vegetable. In fact, being a vegetable is the worst possible thing for her health and happiness, not to say that of her family. Husbands do not like vegetable wives.

"Instead of haunting the beauty parlors, let the wife who wants to keep her youth and good looks learn how to work and how to play. She—and her husband too—must understand that the lack of useful employment is the reverse of kindness to a woman. The war had a wonderfully revivifying effect on many married women who had been leading the lazy life, because it pulled them out of their ruts and gave them healthful activities.

"Athletics for her body and activity for her mind will make the American wife and mother the sane, healthy, vigorous, beautiful and happy creature she sometimes is and always ought to be."

Newest Notes of Science

A new centrifugal machine for clarifying serums, bacteria mediums, in hospital laboratories revolves at speeds of from 40,000 to 60,000 revolutions a minute.

Of British invention is a double door for residences, permitting tradesmen to deliver goods inside the outer one, it being impossible to unlock both at the same time.

When connected with any house lighting fixture a new electric machine perforates or trims wall paper borders wherever its owner happens to have use for it.

Pneumatic brakes have been invented to enable the driver of a mo-

tor truck to control the movements of a number of trailers he may be hauling.

Centrifugal apparatus has been invented to remove most of the water contained in compressed air.

Blades of recently patented shears are operated by an electric motor controlled by a button in its handle.

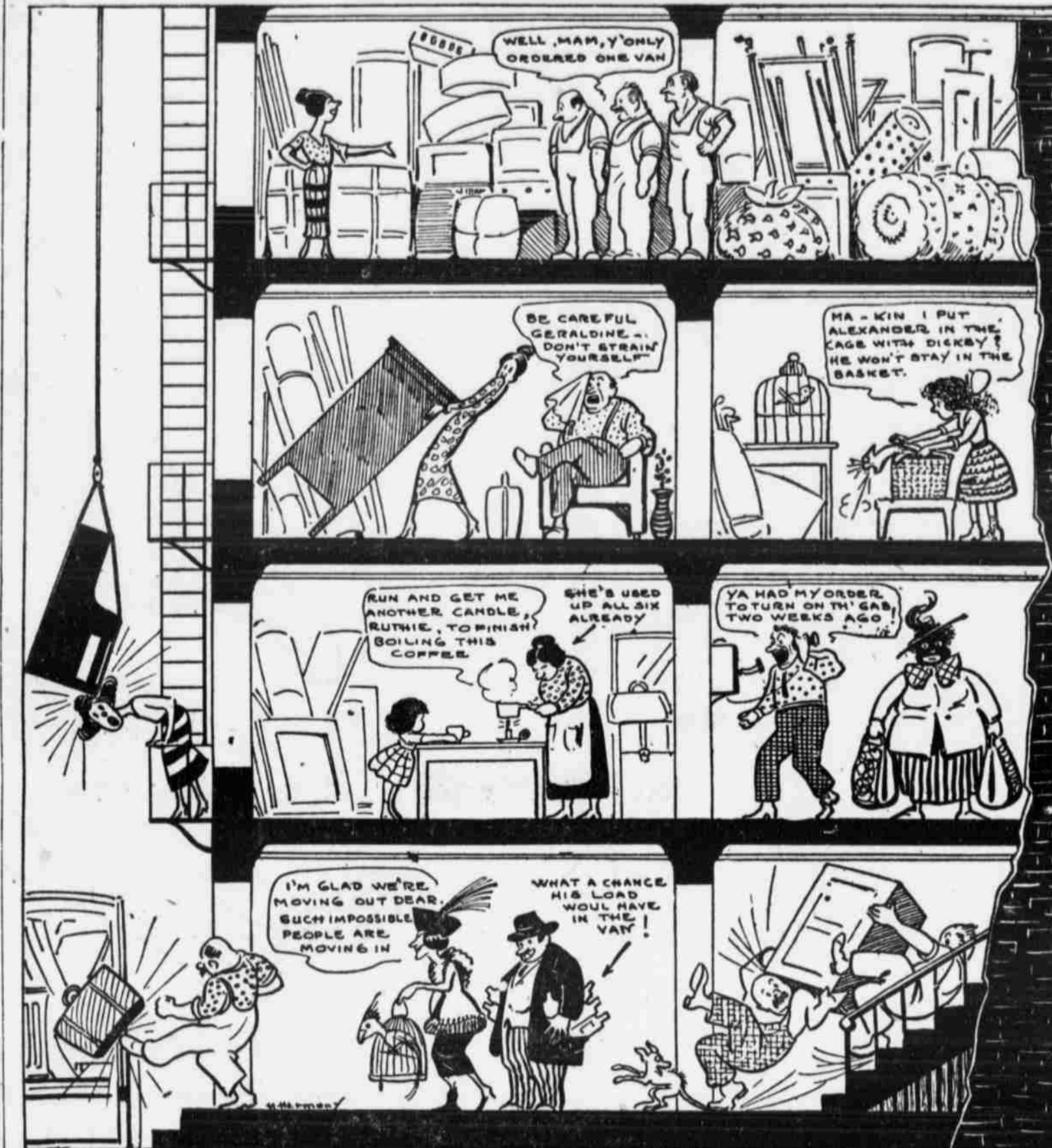
The handle of a new razor strip of the usual two-faced type is hollowed out to form a recess to contain a louse.

For indoor target practice a pistol from which a ping-pong ball is shot by a spring has been patented.

The Evening World Daily Magazine



Moving Day IN OUR APARTMENT HOUSE



Manicures—and "Tenpenny Nails"

By Neal R. O'Hara

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ISSUES cost five dollars apiece at the church fair every year, but it costs a dollar any day, in the week to hold hands with a manicure. Manicure guarantees everything hand done. Only machine on the premises is the cash register. And maybe a twin-six outside.

Yes, boys, it costs a dollar to manicure your ten nails. That makes 'em each a tenpenny nail. No discounts for three-fingered guys. Manicuring's the top of the profession. Girl breaks into the game as a chiropodist and works up to manicuring. Success in this game depends on the manicure's filing system.

Present rates of the Manicures' Union make it cost fifty cents a hand—same as a friendly poker game. Manicure joint opens with a pair of queens. Bashful guy comes in with a flush. Manicure raises her eyes and bashful guy calls her by name.

of the time. Barbers could all strike and the manicures could man the shops without trouble. A guy that'll let his hair grow like a dozen tassels wouldn't think of passing up a hand-sanding bout with a beautiful blonde. Modern man can get along without barbers, but not without beautiful blondes. That's why the safety razor's a big success and the nickel-plated nail clipper isn't.

Every man's a good listener, especially when you ask her to suppress. Food improves a man's hearing just like a taste interferes with a guy's eyesight. Manicure that accepts dinner invitations is said to live from hand to mouth. Finger nail carpenters can manicure a steak to a very dull finish. A smart manicure can also file a guy's bankroll to the quick. Guy that takes one to dinner on a ten dollar bill has to bite his finger nails for his part of the feed.

Procedure for married man before entering the manicure den is to take off his wedding ring. Also take off the rest of his jewelry. Married man enters and jests carelessly with manicure. "Tries to make her think he's single by exhibiting a single-track mind. Finally gets her telephone number. If he writes it down manicure knows he's single. Married man carries all outside calls in his head.

Makes no difference whether he's single or double, manicure treats 'em all alike. Which is to say the bowl of water's as hot for a married man as for a free one. Only difference is in the guy's behavior. Single simp wince at the treatment, but the married man's used to being in hot water. Married man may even mistake it for a bowl of his wife's soup.

GOING DOWN!

DEAR EVERYBODY: It does seem as though everybody wanted his or her own way these days, does it not? We see it in the way children act on the street cars—in the way employers fight unions and unions fight employers.

We see it in the way nations snarl at each other, and when we analyze it we find that what causes war is simply the idea of one nation wanting its own way.

Look at this and see if it does not occur to you that a great deal of the unrest (so-called) to-day is caused by wanting to have one's own way.

When the urge to "grab" something comes to you can you not say: "Is it just to myself—my family, my neighbor and my country?" If it is just to yourself it is just to God—for "thou shalt have none other gods before Me."

The strange part of it all is we hate to see the streak in others who want their own way. Let us REASON it out, please.

Yours truly,
ALFALFA SMITH.

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What Kind of a Job Does Your Daughter Think She Wants?

"Give Her a Chance to Decide for Herself While She Is in School," Advises Helen Hoerle, Co-Author of "The Girl and the Job"—"Give Her Talent and Ambition a Chance to Grow. Crush Those and She May Never Amount to Anything."

By Fay Stevenson

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LAST we have found the friend of the young girl during her grammar school days, a friend who thoroughly understands the workings of the very young girl's mind. Almost every little grammar school graduate knows exactly what she wants to be in life even at the age of thirteen or fourteen, but her mother and her teachers and her older friends always know something that is better for her. Now we have a young woman who remembers those girlhood desires and upholds them. She is Miss Helen Hoerle, co-author of "The Girl and the Job," a new book to be published by Henry Holt & Co. the last of this month.

Miss Florence B. Saltzberg of the Vocational Guidance Committee of Wadleigh High School is the other author of "The Girl and the Job," and she, too, maintains that frequently the very young girl knows exactly what she wants to do in life and should not have her ambitions crushed by older folks.

Miss Hoerle, however, is most emphatic in giving the girl in her teens a right to at least think about the sort of "job" she wants to hold.

"I have been to factories, to offices, behind the screen and among all classes of girls," Miss Hoerle told me, "and I have studied all phases of the girl and the job. Now almost every little girl just graduating from grammar school has a decided idea of what she wants to do. I admit that it sounds a little bit wild sometimes to want to be an actress, a poet, a model or a stenographer miles away from home, but just the same, perhaps that girl has a pronounced talent for some special line of work; take away her ambition, crush her spirit, put her in another job and she may never amount to anything. Of course I do not mean that she should be allowed to leave school before her time is up or anything like that, but simply that she should be allowed to think about the work she WANTS to do. Every girl should have a fair chance. We can always go back to the untrained job, but I believe in giving every girl a chance to do the sort of work she feels she can do.

"For instance," continued Miss Hoerle, "I was talking to a little Italian girl the other day whom I found in a factory, a biscuit factory. She looked so tired and discouraged that I spoke to her. And then she told me how she had wanted to embroider and what talent she had along that line, and how she loved to make her own designs. But her mother wanted her to earn a steady salary, so a job was found for her. Now that girl may have been a great designer; there was a light in her eyes when she spoke of the work she wanted to do that meant genius, but it had to be crushed because it was the will of her parents. She could always work in a factory, but in her youth why not give her a chance?

"Then take the case of a girl who wants to be an actress. Instead of discouraging her and laughing at her why not tell her the truth? Perhaps she thinks acting is fun, but let her read a few facts about actresses, let her learn how they have to rehearse, travel on the road and go through all manner of difficulty. Then if she still persists she must be a born actress."

"The Girl and the Job" covers every field of work for the girl and tells exactly the conditions she will have to meet. There is no field omitted, from manicurists to advertising agents. Concerning the actress this little book "The Girl and the Job" says:

"The imagination of girlhood, flying over the gamut of emotions, finds every day life at times almost unbearably commonplace. So it is quite natural that millions of girls plan and thousands of girls actually try to 'go on the stage.' Most of them gain wisdom without experience and find another occupation, but some continue in the path that leads to stardom for the very, very few. Not even stars can count on steady success. It is true that they are paid enormous salaries, but a star may be a great popular success one year and her play may fail the next. Then, too, the public is fickle and once a star is not always a star. The profession is very much overcrowded, that is, there are a great many more girls wanting parts than there are parts to be played. A girl may be, often is, out of a position from May till October. Then she may have to pay a hundred dollars or more for gowns for a play which may run only three weeks."

And so each occupation is described and the hard cold facts brought before young minds as well as some of the advantageous ones.

"Women are getting so they all work," said Miss Hoerle, "even the married women still hold some posi-

tions that will give them a clutch on life. The war has given women a strong incentive to keep busy and likewise money itself has a great deal to do with it. Since prices have doubled and trebled themselves many women feel that they too must go out like many of the French women have been doing for years, and keep a little shop or go back to their girlhood professions. We live in a very busy, commercial age and there is a job for every one of us.

"To-day not only the young boys but the young girls are all asking 'What shall I do?' And the time to think about it and in fact really decide the matter is right during grammar school days. During high school one should prepare, but they should know what they are preparing for. No doubt you know at least one girl who left school not knowing any trade or any business. You know how she gets one job, loses it, gets another and loses that, drifting from one poorly paid job to the next. And in nearly every such case if you trace her life back you will find that she wanted to be something her parents opposed and hence she has never taken any interest in any other work. Better let the children attempt the life work they like and see if they can make a success of it, for remember they can always fall back on that untrained job. First inform them of the conditions and the trials and tribulations they will have to meet, and if they are still inclined to that line of business let them go into it with their eyes open."

"The Girl and the Job" is a little book written "to warn and to enlighten." It will inspire the girl who is fitted for the job and be an eye-opener for those who are not.

WAGES FOR WIVES.

THE other night a Philadelphia audience, largely made up of women, gave a decision in a debate against a proposal to require husbands to pay wages to their wives. The idea did not prove at all popular. One speaker drew a dismal picture of the future of romance with wives working for wages.

"Imagine a scene like this," she said: "Honey, do you love me?" "Of course, I love you."

"Then will you marry me?" "Well, maybe; how much do you pay?"

And we would have notices like the following, the Philadelphia Ledger suggests:

"Married—John Brown and Mary Smith by the Rev. Russell H. Conwell. They will live in Logan and the wife's wages will be \$15 a week."

Scenes like the following in court were forecast:

"Judge, he hired me for \$20 a week and he is now two weeks overdue in my pay. I'm going to get a new boss."—Buffalo News.



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